



Welcome to the 3rd Annual Nolensville Kids Triathlon

For many of you, this is your first triathlon. So, please read all of this! Even if you're a seasoned pro, read it anyway! And, if you have any questions on race day, find someone with an orange vest, and we will help you.

Schedule of Events

Saturday, August 19, 2017: Nolensville Recreation Complex (Back Lawn)

3pm – 5:30pm: Packet Pick Up

We will have your goodie bag, event tee-shirt, and your **VERY IMPORTANT ITEMS** (timing chip, a colored wristband indicating which age group you're in, a numbered sticker for your bike, and your race bib). **Parents:** please bring your photo ID and your child's USAT membership card with you to check-in. It makes it easier!

4pm & 5pm: Race Overview in Race Transition Area (we'll go over what you need to know on race day!)

Sunday, August 20, 2017

5:30AM: Transition OPEN - ALL BIKES MUST be in transition by 6:45AM

5:30-6:30AM: Packet Pickup (although, seriously....you should try to come on Saturday)

6:00AM-6:45AM: Body Marking (feel free to do yourself if you think you have great penmanship!)

6:45AM: Pre-Race Instructions/National Anthem/Prayer

7:00AM: Vanderbilt Buddies Team Start

7:10AM (approximate): 12-15 year old start

7:30AM (approximate): 8-11 year old start

7:50AM (approximate): 5-7 year old start

9:00AM (approximate): Awards Ceremony

What do you do on Sunday morning?

1. **NEW THIS YEAR!!!!** We're trying to make your Sunday morning a little less stressful! At packet pickup, you will receive your timing chip. You will wear this timing chip on your LEFT ankle during the race. **DO NOT FORGET** your timing chip on race morning! Please, please, pretty please! We might have to charge you a few dollars to replace it....and we'd hate to do that!
2. Before you leave your house on Sunday morning, **MAKE SURE** that your timing chip is on your LEFT ankle, that your bike sticker is affixed to your bike, and that you have air in your bike tires!
3. If you haven't already checked in....go immediately to check-in to get all of your VII (Very Important Items).
4. Drop off your bike in transition and set up your transition area! Everyone in orange is there at your service to help you! If you need any last minute help with your bike, go say hi to our bike sponsor, RBs Cyclery, and they'll make sure you're road-ready. They'll be set up next to transition.
 - We ask that parents not go into transition to ease congestion. We'll have lots of people there to help you!
 - Sorry racers...no aero bars, training wheels, or disk wheels on bike. USAT rules.
5. Head on over to body marking....this is where we get to write all over you in sharpie! We'll mark your arm and leg with your race number. To save yourself some time in the morning, feel free to do this at home on Sunday morning! (Just don't do it before you go to bed on Saturday night....it'll make a mess of your sheets!). You will have someone with GREAT penmanship write your race number on both your left arm and left leg.

6. Use the restroom (in the pool area) if you need to, rest, relax, and get to the pool deck by 6:45AM. Don't forget to leave your shoes in transition, grab your goggles and swim cap, and get ready to get wet!
7. After you finish the Lucas Orthodontic swim course, you can run, jog, or skip over to transition, put on your biking gear (socks, shoes, shorts), and a HELMET!!!
 - RUN or WALK your bike to the "mount line" out of transition. This will be ACROSS Nolensville Road. Volunteers will tell you where to go and when you can get on your bike and start pedaling.
 - Helmets are required and we're going to protect that head of yours and have a volunteer make sure it's buckled before you start riding!
8. Bike, bike, bike. When you finish biking, a volunteer will tell you to get off your bike and run, walk or skip it back to transition where it came from.
9. Make sure you have a shirt or race bib with your race number on it....and start running, walking or skipping the Lee Company run course! And, stop by for water at the water stations along the course.
10. Finish the run, smile at the finish line, get your medal, and CELEBRATE! All racers wearing a **RED** band will need to reunite with their parents/guardians in the safety area after the finish line. All racers wearing green and blue can go right to the grassy area to eat, drink and celebrate.

Other Important stuff:

Parking

There will be limited parking available in the Nolensville Recreation Center parking lot. Additional parking will be available in the shopping center to the north of the facility, as well as in the grassy area on the corner of Stonebrook and Johnson Industrial Blvd.

Weather: We race Rain or Shine, however, in the event of lightning reported within 10 miles of the event, it will be delayed until the threat is passed. Thirty (30) minutes must pass from the last thunder/lightning). Thanks everyone!

Safety: Each racer will be wearing a colored wristband. Our youngest racers will wear a red band. This means that a parent with a matching wristband **MUST** pick up the racer in the secure area after the finish line. Children 8+ can proceed to the grassy area to meet up with their fans.

Medical: We will have trained medics on-hand in the case of any accidents, scrapes, cuts, or TLC.

After the Race: We ask that all participants and families wait until the final biker is back in transition to retrieve their bikes and gear. Volunteers will let you know when it is OK to re-enter the transition area.

Awards Ceremony & Door: 9AM in the grassy area. Come join us for post-race fun, snacks and drinks and see if you won! Awards can sometimes take some time Time subject to change as we wait for the last athlete to cross the finish line.

List of Things You Will Need/Want to Race:

- | | |
|--|---|
| 1. BIB, WRISTBAND, BIKE STICKER, TIMING CHIP! | 7. Shoes and socks |
| 2. GOGGLES and swim cap (if desired) | 8. Bike/Running Outfit (if needed) |
| 3. SUNSCREEN! | 9. Water Bottle (but we'll have plenty on the course) |
| 4. Towel to dry off. | 10. Hat for Run |
| 5. BIKE! – be sure it is tuned up and ready to go | 11. Sunglasses |
| 6. HELMET!!! | 12. Smile! |

HUGE Thanks to our Sponsors, Volunteers & Friends! We couldn't do this without you! Special thanks to Mayor Jimmy Alexander, the Town of Nolensville, and Chief of Police Troy Huffines. We hope to make you proud.

THANK YOU TO OUR 2017 SPONSORS!

OLYMPIC SPONSORS



(615) 377-7777
www.lucasorthodonticgroup.com



SPRINT/SUPPORTING SPONSORS



We make the best burritos, period.



BRENTWOOD
ACADEMY

